

Supplementary Table A: Reviews undertaken evaluating pharmacological management

Medicine	Regulatory Status	Reviews (N)	Trials (N)	Subjects (N)	Review quality	References
Amitriptyline	Approved for the treatment of chronic pain and depression in many European countries	5	5 to 13	322 to 919	5 to 8	[12–16]
Anticonvulsant (Pregabalin)	Not approved for FM in Europe; approved for several types of neuropathic pain and generalized anxiety disorder in some European countries	9	2 to 7	1481 to 3334	4 to 10	[16–24]
Anticonvulsant (Gabapentin)		NR ¹	1	150		
Cyclobenzaprine	Not approved for FM in Europe	1	5	312	7	[25]
Growth Hormone	Not approved for the treatment of chronic pain or mental disorders in all European countries	1	2	74	5	[16]
MAOI	Not approved for FM in Europe; approved for depressive disorder in some European countries.	4	1 to 3	50 to 241	6 to 9	[14, 21, 26, 27]
NSAIDs	Not approved for FM in Europe	1	2	242	7	[21]
SNRIs - Duloxetine	Not approved for FM in Europe; approved for depressive disorder and generalized anxiety disorder in most European countries	8	2 to 6	443 to 2249	5 to 10	[12, 16, 19, 21, 28–31]
SNRIs - Milnacipran	Not approved for FM in Europe; approved for depressive disorder in some European countries	7	1 to 5	125 to 4118	1 to 10	[12, 16, 19, 21, 30, 32, 33]
SSRIs	Not approved for FM in Europe although they are approved for depression and generalised anxiety disorders in most European countries	7	3 to 11	83 to 521 ²	1 to 9	[14, 16, 21, 26, 34–36]
Sodium Oxybate	Approved in Europe and USA because of safety concerns. Only approved for narcolepsy in some European countries	1	5	1535	5	[16]
Tramadol	Not approved for FM in Europe	2	1 to 2	313 to 422	3 to 7	[21, 22]

¹ NR: Not relevant - reviews conducted identified a single trial

² There was considerable variation in the number of eligible trials across reviews due to different eligibility criteria.

Supplementary Table B: Reviews undertaken evaluating non-pharmacological management, complementary medicines and therapies

Therapy	Reviews (N)	Trials (N)	Subjects (N)	Review quality	References
Exercise therapy	20	1 to 34	48 to ≥2494*	1 to 11	[37–56]
(Cognitive) behavioural therapy	5	4 to 30	≥2031*	2 to 11	[52, 54, 57–59]
Combined (multi-component) therapy	2	9 to 27	1119 to 2407	6 to 9	[60, 61]
Massage	6	2 to 9	71 to 404	2 to 8	[52, 62–66]
Acupuncture	8	3 to 16	149 to 1081	3 to 11	[67–74]
Hydrotherapy / Spa therapy	4	3 to 21	134 to 1306	4 to 9	[52, 75–77]
Meditative movement (qigong / tai chi / yoga)	6	1 to 8	66 to 559	4 to 9	[66, 78–82]
Mindfulness / mind-body therapy	6	1 to 13	77 to 1209	1 to 9	[66, 83–87]
Chiropractic	3	1 to 3	21 to 102*	1 to 9	[88–90]
Hypnotherapy	1	4	Unclear	9	[91]
Biofeedback	2	3 to 7	112 to 307*	3 to 8	[87, 92]
Capsaicin	2	2	153	5 and 6	[93, 94]
SAMe	2	2	74	4 and 6	[52, 93]
Guided imagery	3	3 to 6	161 to 296	4 to 9	[91, 95, 96]
Homeopathy	2	4	163	5 to 7	[97, 98]
Electro-thermal and phototherapeutic therapy	1	7	188	4	[99]
Phytothermotherapy	1	1	56	1	[100]
Static magnet therapy	1	1	111	6	[101]

Transcranial stimulation ³	1	8	244	4	[102]
Music Therapy	1	3	336	3	[103]
Journaling/Story telling	1	5	375	3	[103]

* Unclear from some of the reviews exactly how many participants were included. This number represents a minimum about which we can be confident.

³ Transcranial direct current stimulation and repetitive transcranial magnetic stimulation